

In reference to:

Raised Bill No. 5467 To whom it may concern,

I am honored to write a testimonial about my experience with PASS (Physically Active School Systems). Although the initiative began in 2011, I was not introduced to the program until September of 2015 by Dr. Marybeth Fede. Initially, I was skeptical about the significant benefits the program was touting. Being an exercise science major, I was well aware of the physical and mental benefits of exercise. However, I found it difficult to believe that only five minutes of moderate activity inside of a classroom could increase students' test scores, attention and concentration. Refusing to stand behind a program that I did not wholeheartedly believe in, I opted to design an experiment to test the theory. I completed a simple 20 problem math test in three minutes. The following day, I took the same test. However, prior to taking the test on the second day, I participated in five minutes of moderate activity consisting of body weight exercises. In addition to scoring higher on the second test, the time it took to complete the test decreased by 30 seconds. I was now fully on board with the program and excited to share it with others.

I had the privilege of implementing the program at Church Street Elementary School in Hamden, CT. From approximately October 2015 to December of 2015, I appeared at the school two times per week, designing and implementing content rich activities to students in grades K thru 6. The program was well received by the students as they loved having a short break in their class to move and stretch. Additionally, the teachers reported noticeable improvement in student's focus and on task behavior after a brain break. On December 3, 2015, I was honored to accompany Dr. Marybeth Fede and Professor Carol Ciotto, along with students from both Southern and Central Connecticut State University, to the State Capitol to promote the passage of the Bill supporting The PASS Program.

Overall, my experience with the PASS program has been tremendous. I continue to be very interested in the program and recently consulted with Dr. Fede about further research I am conducting that supports physically active school systems. As a future physical education teacher and current NASM personal trainer, I am very concerned about the current childhood obesity epidemic. Today's youth are considered the most inactive generation in history and I am passionate about reversing this trend. I am extremely pleased to hear that The PASS Red Ribbon Awards Program has been raised as a Bill at the State Capitol. I can't say enough about the positive benefits of the PASS program and would be happy to provide any additional information about my experience.

Sincerely,

Jeff Gallagher

